

Instructional Framework

Mental and Social Health Technician 51.1500.00



Domain 1: Foundations Instructional Time: 50-60%	
STANDARD 2.0 ANALYZE MENTAL AND COGNITIVE DEVELOPMENT	
2.1 Identify the four lobes of the brain and their functions	<ul style="list-style-type: none"> ● Frontal Lobe ● Temporal Lobe ● Parietal Lobe ● Occipital Lobe
2.2 Identify other areas of the brain that impact cognition and behavior (e.g. hypothalamus, amygdala, cerebellum)	<ul style="list-style-type: none"> ● Hypothalamus ● Amygdala ● Cerebellum ● Hippocampus
2.3 Identify factors that can affect brain development (e.g. relationships, experiences, environment, health)	<ul style="list-style-type: none"> ● Nature/Nurture ● Socialization, Education, Exercise, Diet, Sleep (SEEDS)
2.4 Describe psychosocial development according to the major theorists (e.g. Maslow, Erikson, Freud, Piaget)	<ul style="list-style-type: none"> ● Maslow's Hierarchy of Needs ● Piaget's Stages of Infant Development ● Freud Psychoanalytic Theory ● Erik Erikson ● Humanistic Theory <ul style="list-style-type: none"> ○ Rogers ● Social Cognitive Theory <ul style="list-style-type: none"> ○ Bandura ● Behaviorism <ul style="list-style-type: none"> ○ Skinner ○ Watson
STANDARD 3.0 ANALYZE MENTAL AND SOCIAL HEALTH ILLNESSES, DISORDERS, AND CONDITIONS	
3.1 Examine the interrelationship of physical, mental, emotional, social, and spiritual health	<ul style="list-style-type: none"> ● 12 Step Program <ul style="list-style-type: none"> ○ Alcoholic Anonymous (AA) ○ Narcotics Anonymous (NA) ○ Teen Addiction Anonymous (TAA) ● Biopsychosocial Model of Health
	<ul style="list-style-type: none"> ● Positive Psychology

3.2 Describe characteristics of a mentally and socially healthy person	<ul style="list-style-type: none"> ○ Positive Psychology ○ Gratitude ○ Hope ○ Grit ○ Mindfulness ○ Resilience ○ Meditation
3.3 Describe how mental and social health affects wellness	<ul style="list-style-type: none"> ● Criteria of Abnormal Behavior <ul style="list-style-type: none"> ○ Deviance from Norm ○ Maladaptive ○ Causes Personal Distress
3.4 Summarize the stages of loss and grief (e.g. Kubler-Ross)	<ul style="list-style-type: none"> ● Stages of Grief
3.5 Examine causes, symptoms, and effects of mood disorders (e.g. depression, bi-polar disorder)	<ul style="list-style-type: none"> ● Mood Disorders <ul style="list-style-type: none"> ○ Major Depression ○ Dysthymia ○ Bi-Polar ○ Cyclothymia
3.6 Examine causes and symptoms of self-harm	<ul style="list-style-type: none"> ● Cutting ● Negative Coping Skills
3.7 Examine causes and symptoms of suicide	<ul style="list-style-type: none"> ● Suicidal Ideation ● Suicide Red Flags ● Suicide Prevention Programs
3.8 Examine causes, symptoms, and effects of anxiety (e.g. GAD, OCD, PTSD)	<ul style="list-style-type: none"> ● Obsessive Compulsive Disorder (OCD) ● Anxiety Disorders <ul style="list-style-type: none"> ○ Generalized Anxiety Disorder (GAD) ○ Specific Phobias/Phobic Disorder ○ Post Traumatic Stress Disorder (PTSD) ○ Panic Disorders <ul style="list-style-type: none"> ■ Agoraphobia

<p>3.9 Examine causes, symptoms, and effects of psychotic disorders (e.g. schizophrenia, delirium)</p>	<ul style="list-style-type: none"> ● Schizophrenia <ul style="list-style-type: none"> ○ Positive Symptoms ○ Negative Symptoms ● Dissociative Disorders
<p>3.10 Examine causes, symptoms, and effects of childhood mental disorders (e.g. ADHD, autism spectrum)</p>	<ul style="list-style-type: none"> ● Autism Spectrum Disorder ● Attention Deficit Hyperactivity Disorder (ADHD) <ul style="list-style-type: none"> ○ Inattentive Type ○ Hyperactive-Impulsive Type ○ Combined Type
<p>3.11 Examine substance abuse disorders (e.g. alcohol, illegal drugs, steroids)</p>	<ul style="list-style-type: none"> ● Opioid Addiction ● Prescription Medication abuse ● Vaping ● Alcoholism ● Performance Enhancing Drugs
<p>3.12 Examine causes, symptoms, and effects of behavioral addictions (e.g. shopping, gambling, sexual)</p>	<ul style="list-style-type: none"> ● Definition of an addiction ● Internet Gaming Addiction ● Social Media abuse
<p>3.13 Describe unhealthy relationships</p>	<ul style="list-style-type: none"> ● Bullying <ul style="list-style-type: none"> ○ Cyber Bullying ● Date Violence ● Date Rape
<p>3.14 Identify stressors at home, school, and work and physical and psychological effects on the body</p>	<ul style="list-style-type: none"> ● Fight or Flight <ul style="list-style-type: none"> ○ Physiological responses ● Stress <ul style="list-style-type: none"> ○ Stress Management <ul style="list-style-type: none"> ■ Understanding Positive aspects of stress
<p>3.15 Examine eating disorders and their effect on healthy growth and development</p>	<ul style="list-style-type: none"> ● Anorexia ● Bulimia ● Binge Eating
<p>3.16 Examine how intolerance can affect others</p>	<ul style="list-style-type: none"> ● Racism ● Prejudice ● Sexual/Gender Identity

<p>3.17 Examine characteristics of someone who has self-respect</p>	<ul style="list-style-type: none"> ● Personality Theories <ul style="list-style-type: none"> ○ OCEAN <ul style="list-style-type: none"> ■ Openness To Experiences / Closed ■ Conscientiousness / Ambivalence ■ Extrovert / Introvert ■ Agreeableness / Not agreeable ■ Neurotic / Calm ● Self Concept ● Self Regulation ● Self Efficacy ● Internal/External Attributions <ul style="list-style-type: none"> ○ Locus of control ● Cognitive Strategies for Self Enhancement <ul style="list-style-type: none"> ○ Downward Comparison ○ Self-Handicapping ○ Self-Serving Bias ○ Basking in Reflected Glory/Cutting off Reflected Failure
<p>3.18 Examine why prosocial behaviors, (i.e. helping others, being respectful to others, cooperation, and consideration) can help prevent violence and promote good mental and social health)</p>	<ul style="list-style-type: none"> ● Tolerance ● Culture Diversity <ul style="list-style-type: none"> ○ Individualism ○ Collectivism
<p>3.19 Use medical terminology and concepts related to mental and social health</p>	<ul style="list-style-type: none"> ● Diagnostic and Statistical Manual--Fifth Edition (DSM-5) ● Substance Abuse and Mental Health Service Administration (SAMHSA) ● Diagnosis <ul style="list-style-type: none"> ○ Differential Diagnosis ● Etiology ● Prevalence ● Prognosis ● Comorbidity
<p>STANDARD 7.0 EMPLOY COMMUNICATION SKILLS TO ENGAGE OTHERS AND BUILD TRUST</p>	
<p>7.1 Explain the importance of empathy, courtesy and respect in the healthcare environment</p>	<ul style="list-style-type: none"> ● Confidentiality ● Ethics ● Emotional Intelligence <ul style="list-style-type: none"> ○ Self Awareness ○ Empathy ○ Self Management

	<ul style="list-style-type: none"> ○ Social Skills
7.2 Explain the importance of maintaining healthy boundaries and the appropriate use of self-disclosure with workers and patients	<ul style="list-style-type: none"> ● Assertive Communication ● Passive/Submissive Communication ● Aggressive Communication ● Barriers to Effective Communication <ul style="list-style-type: none"> ○ Defensiveness ○ Ambushing ○ Self-Preoccupation ○ Motivational Distortion
7.3 Describe the basic elements of therapeutic communication (e.g. active listening, paraphrasing, open-ended questions, validation, redirection)	<ul style="list-style-type: none"> ● Active Listening ● Paraphrasing ● Open-ended questioning ● Validation ● Redirection
7.4 Adapt communication skills to different levels of understanding and cultural orientation (i.e. diverse age, cultural, economic, sexual orientation, ethnic and religious groups)	<ul style="list-style-type: none"> ● Developing Awareness of Diversity <ul style="list-style-type: none"> ○ Culture ○ Traditions ○ Age ○ Ethnicity ○ SES ○ Sexuality ○ Gender ○ Religion
Domain 2: Strategies Instructional Time: 30-40%	
STANDARD 4.0 ANALYZE FACTORS THAT INFLUENCE DECISIONS ABOUT MENTAL AND SOCIAL HEALTH SERVICES	
4.1 Examine how mental and social health is influenced by peers, family, cultural values, and life cycle	<ul style="list-style-type: none"> ● Stigma ● Tradition ● Family Values
4.2 Examine how ethnic and cultural diversity enriches and challenges society	<ul style="list-style-type: none"> ● Diversity/lack of diversity in Mental Health Professionals
4.3 Examine how media conveys accurate and inaccurate messages that	<ul style="list-style-type: none"> ● Understanding Pseudopsychology

affect mental and social health	<ul style="list-style-type: none"> • Scientific Method • Review research
4.4 Explain socioeconomic disparities in healthcare	<ul style="list-style-type: none"> • Access to healthcare/insurance • Affordability/availability of insurance
4.5 Summarize how personal values and experiences influence mental and social health	<ul style="list-style-type: none"> • Importance of objectivity
4.6 Examine the impact on society when there is minimal access to mental and social health services	<ul style="list-style-type: none"> • Rural vs Urban Health Care
4.7 Identify groups and organizations that ensure services and resources [e.g. National Alliance on Mental Illness (NAMI), Centers for Disease Control (CDC), American Public Health Association (APHA), American Sociological Association (ASA)]	<ul style="list-style-type: none"> • SAMHSA • Center for Disease Control (CDC) • National Alliance of the Mentally Ill (NAMI) • National Institute of Mental Health (NIMH) • Regional Behavioral Health Association (RBHA) (specific to community) • Behavioral Health Agencies (specific to community)
STANDARD 5.0 ANALYZE STRATEGIES TO IMPROVE MENTAL AND SOCIAL HEALTH	
5.1 Summarize healthy ways to express emotions (e.g. affection, love, friendship, acceptance, anger, concern)	<ul style="list-style-type: none"> • Five Love Languages <ul style="list-style-type: none"> ○ Words of Affirmation ○ Physical Touch ○ Quality Time ○ Gifts ○ Acts of Service
5.2 Summarize strategies for coping with loss and grief	<ul style="list-style-type: none"> • Positive Coping Strategies <ul style="list-style-type: none"> ○ Constructive Coping <ul style="list-style-type: none"> ■ Problem Focused ■ Appraisal Focused ■ Emotion Focused • Negative Coping Strategies <ul style="list-style-type: none"> ○ Giving up ○ Acting Aggressively ○ Self Indulgence ○ Blaming Self ○ Defensive Coping

	<ul style="list-style-type: none"> ■ Defense Mechanisms
5.3 Examine strategies for managing impulsive behaviors and addictions	<ul style="list-style-type: none"> ● SEEDS <ul style="list-style-type: none"> ○ Socialization ○ Exercise ○ Education ○ Diet ○ Sleep
5.4 Examine strategies for managing and reducing conflict	<ul style="list-style-type: none"> ● Active Listening ● I vs You Messages ● Compromising ● Problem Solving
5.5 Examine strategies for dealing with difficult and/or codependent relationships (e.g. family members, friends, coworkers)	<ul style="list-style-type: none"> ● Friendship and Love <ul style="list-style-type: none"> ○ Proximity ○ Familiarity ○ Physical Attractiveness ○ Reciprocal Liking ● Matching Hypothesis ● Attractiveness and Resource Exchange ● Parental Investment Theory
5.6 Describe theories and interventions used in mental and social health [e.g. cognitive behavioral therapy (CBT), emotionally focused therapy (EFT), solution-focused brief therapy (SFBT), medication]	<ul style="list-style-type: none"> ● Biomedical Theories <ul style="list-style-type: none"> ○ Medications ● Behaviorism and Cognitive Theories <ul style="list-style-type: none"> ○ Cognitive Behavioral Therapy (CBT) ○ Solution-focused brief therapy (SFBT)
5.7 Describe alternative and nontraditional approaches to mental and social health conditions (e.g. self-help, diet and nutrition, relaxation and stress reduction techniques, art therapy, play therapy, expressive arts therapy)	<ul style="list-style-type: none"> ● Research Based vs Anecdotal Evidence ● Alternative/Nontraditional Approaches <ul style="list-style-type: none"> ○ Meditation/Mindfulness ○ Diet/Nutrition ○ Art Therapy/Play Therapy
5.8 Engage in case studies, role play, shadowing, and other practicum experiences	<ul style="list-style-type: none"> ● Understanding Research Methods <ul style="list-style-type: none"> ○ Case Studies ○ Correlational Studies ○ Surveys ○ Experimental/Empirical Studies ○ Naturalistic Observations

	<ul style="list-style-type: none"> • Observation • Role Play
STANDARD 8.0 USE PROBLEM-SOLVING AND GOAL SETTING SKILLS TO IMPROVE MENTAL AND SOCIAL HEALTH	
8.1 Identify the steps in the problem-solving process	<ul style="list-style-type: none"> • Goal Setting • Behaviors Needed • Plan • Monitor and Feedback
8.2 Identify barriers that can hinder healthy decision making	<ul style="list-style-type: none"> • Personal Limitations • Faulty Thinking • Family History
8.3 Explain the purpose of collaborative goal-setting (i.e. SMART Goals)	<ul style="list-style-type: none"> • SMART Goals <ul style="list-style-type: none"> ○ Specific ○ Measureable ○ Attainable/Achievable ○ Realistic ○ Timely
8.4 Describe techniques used to monitor the progress of goals	<ul style="list-style-type: none"> • Self Evaluation
8.5 Describe barriers to goals and ways to address those barriers	<ul style="list-style-type: none"> • Sabotaging
8.6 Explain the importance of evaluating the outcomes of mental and social health services and interventions	<ul style="list-style-type: none"> • Progress Monitoring
Domain 3: Delivery Services	
Instructional Time: 5-10%	
STANDARD 1.0 ANALYZE THE DELIVERY SYSTEM FOR MENTAL AND SOCIAL HEALTH SERVICES	
1.1 Describe mental and social health care delivery systems in public, private, government, and nonprofit sectors	<ul style="list-style-type: none"> • Procedures to access local RBHA and mental health agencies
1.2 Define an integrated care program for mental and social health	<ul style="list-style-type: none"> • Team and Wrap-Around Approach
1.3 Explain the impact of emerging issues on delivery systems (e.g. technology, social media, drug abuse, socioeconomics)	<ul style="list-style-type: none"> • Accessibility of MH Services
1.4 Explain the scope and practice of the mental and social health	<ul style="list-style-type: none"> • Psychiatrist

professionals (e.g. case manager, social worker,	<ul style="list-style-type: none"> ● Psychologist ● Counselor ● Social Worker ● Case Manager ● Mental Health (MH) Technician
1.5 Identify roles and responsibilities of community emergency response teams (CERTs) and community mental health teams (CMHTS)]	<ul style="list-style-type: none"> ● Identify Local Crisis Teams and Hotlines
1.6 Describe ethical behaviors among professionals providing mental and social health services	<ul style="list-style-type: none"> ● MH Ethics ● Confidentiality
1.7 Identify conferences, workshops, and retreats that support mental and social health issues	<ul style="list-style-type: none"> ● Identify credentialing requirements -- Continuing Professional Units ● Identify workshops applicable to supporting various MH roles
STANDARD 6.0 ANALYZE INFORMATION, PRODUCTS, AND SERVICES THAT THAT PROMOTE SOCIAL AND MENTAL WELL-BEING	
6.1 Identify advocacy groups related to mental and social health (i.e. DBSA Advocacy Center, Advocacy Action Center, self-help and peer support groups)	<ul style="list-style-type: none"> ● Identify local advocacy groups.
6.2 Examine ways to advocate for friends and family members who need support and treatment for mental and social health issues	<ul style="list-style-type: none"> ● Identify resources within community <ul style="list-style-type: none"> ○ MH agency ○ Clinics ○ Churches ○ Schools ○ Family/Social Support networks
6.3 Explain “outreach” as a community tool to expand access to services, practices, and products	<ul style="list-style-type: none"> ● Health Fairs and Community Fairs
6.4 Identify community resources, services, and professionals that support mental and social health	<ul style="list-style-type: none"> ● Identify MH Service Directories
6.5 Describe psychoeducation interventions to help individuals and families learn about managing mental and social health	<ul style="list-style-type: none"> ● Child Find ● Individualized Education Plan (IEP) ● 504 Accommodation Plans
6.6 Access, critically review, and evaluate the appropriateness and accuracy of information sources (e.g. literature, research, and electronic information)	<ul style="list-style-type: none"> ● Understand and access evidence based data

6.7 Explain the use of professional networking and social networking to enhance mental and social health	<ul style="list-style-type: none"> ● Identify Referral Services ● Identify Professional Networks/Coalitions
STANDARD 9.0 ANALYZE LEGAL, SAFETY, AND PROFESSIONAL REQUIREMENTS FOR MENTAL AND SOCIAL HEALTH PROFESSIONALS	
9.1 Demonstrate first-aid	<ul style="list-style-type: none"> ● Take First-Aid course
9.2 Demonstrate CPR	<ul style="list-style-type: none"> ● CALL 911 ● “Stayin’ Alive”30 presses ● Two Breaths ● Repeat
9.3 Demonstrate Universal Precautions	<ul style="list-style-type: none"> ● Occupational and Safety and Health Administration (OSHA)
9.4 Describe the Patient Bill of Rights	<ul style="list-style-type: none"> ● Patient Care Partnership
9.5 Describe informed consent	<ul style="list-style-type: none"> ● Understand Informed Consent
9.6 Distinguish among malpractice, liability, and negligence	<ul style="list-style-type: none"> ● Ethics
9.7 Demonstrate procedures for documentation, record keeping, and case reports with emphasis on accuracy, legal issues, privacy, and confidentiality	<ul style="list-style-type: none"> ● Documentation Requirements
9.8 Identify privacy, protection, mandatory reporting rules for health professionals	<ul style="list-style-type: none"> ● Confidentiality ● Ethics ● Mandatory Reporting
9.9 Describe typical methods used for screening, assessment, and care/service plans	<ul style="list-style-type: none"> ● Preschool Screening ● Comprehensive Developmental Assessments, Assessments/Evaluations <ul style="list-style-type: none"> ○ Observations ○ Developmental/Medical History ○ Testing ● IEPs